

Name: \_\_\_\_\_

Period: \_\_\_\_\_

### Understanding the Dietary Guidelines

#### 1. Adequate N                      Within Calorie Needs

1. What are empty calories?
2. What are examples of nutrient dense beverages?
3. What is a good balanced eating plan?

#### 2. W                      Management

4. What is the best way to determine healthy weight?
5. At what age should your weight be a concern to you?
6. What is the best way to prevent gradual weight gain over time?

#### 3. Physical A

7. How much exercise should teenagers get above normal daily activities?
8. What 3 types of exercise should you include in healthy physical activity?

#### 4. Food Groups to E

9. What 3 food groups do they encourage?
10. Why do they encourage those groups over others?

#### 5. Fats

11. What is an oil? \_\_\_\_\_
12. What is fat? \_\_\_\_\_
13. What are trans fatty acids? \_\_\_\_\_
14. What new fat is required on food labels? \_\_\_\_\_
15. Give an example of a low-fat and high fat food from each food group:

Low-fat

High-fat

Grains:

Fruits:

Vegetables:

Dairy:

Meats:

6. C -Limit Sugar

16. Which has more fiber - an orange or orange juice? \_\_\_\_\_
17. Which has more fiber - whole wheat bread or white bread? \_\_\_\_\_
18. Choose \_\_\_\_\_-rich fruits, vegetables, and whole grains more often.
19. The ingredient label must have the word " \_\_\_\_\_ " on it if it is a \_\_\_\_\_ grain.
20. Circle the following foods that are whole grain foods:

White Rice

Brown Rice

Oatmeal

Popcorn

White Bread

Wheat Bread

Whole Wheat Bread

Wheat Pancakes

Buttermilk Pancakes

Whole Wheat Pancakes

21. Circle the ingredient list that would have whole grains in it:

**Ingredients:** Whole Wheat Flour, Water  
High Fructose Corn Syrup, Wheat Gluten,  
Soybean and/or Canola Oil, Yeast, Salt  
Honey.

**Ingredients:** Rice, Wheat Gluten, Salt,  
High Fructose Corn Syrup, Malt Flavoring,  
Calcium.

22. What are 10 names of sugars:

-  
-  
-  
-  
-

23. Place the following cereals in order of their sugar content, #1 with the least amount and #10 with the most.

\_\_\_\_\_ Special K  
\_\_\_\_\_ Cheerios  
\_\_\_\_\_ Cap 'N Crunch  
\_\_\_\_\_ Lucky Charms  
\_\_\_\_\_ Life  
\_\_\_\_\_ Sugar Pops  
\_\_\_\_\_ Rice Chex  
\_\_\_\_\_ Fruit Loops  
\_\_\_\_\_ Shredded Wheat  
\_\_\_\_\_ Fruity Pebbles

7. Sodium and P

24. What is another name for sodium? \_\_\_\_\_

25. Sodium affects a persons \_\_\_\_\_ Pressure.

26. List 3 ways to lower sodium in the diet:

-

-

-

27. Which food groups are high in potassium? \_\_\_\_\_

### 8. Food S

28. What is one of the best ways to protect yourself from contaminating foods?

29. Give guidelines for the following:

Clean:

Separate:

Cook:

Chill:

10. What is food borne illness?

11. List 3 food safety guidelines that will help keep food safe to eat.

- 
- 
- 

Choose Sensibly

12.

13.

14.

15.

16.

17.

18.

Sign-up For Dietary Guideline Skits

Aim for a healthy weight

- 1-
- 2-
- 3-
- 4-

Be physically active each day

- 1-
- 2-
- 3-
- 4-

Let the Pryamid guide your food choices

- 1-

- 2-
- 3-
- 4-

Choose a variety of grains daily, especially whole grains

- 1-
- 2-
- 3-
- 4-

Choose a variety of fruits and vegetables daily

- 1-
- 2-
- 3-
- 4-

Keep food safe to eat

- 1-
- 2-
- 3-
- 4-

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat

- 1-
- 2-
- 3-
- 4-

Choose and prepare foods with less salt

- 1-
- 2-
- 3-
- 4-

## Filling in MyPyramid Outline

- Copy of MyPyramid for Kids
- Coloring Pencils - Orange, Green, Red, Blue, Purple, Yellow, Black
- Learning Zones - MyPyramid.gov Steps to a Healthier You with calorie table on back
- Fill out the following information on the handout:
  - Name
  - Fill in colors of food groups and name food groups
  - Using chart find your calorie level, write it under your name
  - Fill in number of servings for each food group according to your calorie level
  - Write in your activity level at bottom of steps
  - Fill in steps with exercise you like to do

Name: \_\_\_\_\_

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### **MyPyramid Term Project Cover Page**

Directions: After completing all of the assignments, place them in order behind this cover page and staple together.

- /10      1) MyPyramid.gov Assignment-All questions answered? (Green Sheet)
- /10      2) MyPyramid Steps to a Healthier You Page: Read the bottom of the page and answer the questions:  
Q-How many calories are recommended for you? \_\_\_\_\_  
Q-What can you monitor to see if this calorie recommendation is correct for you?  
\_\_\_\_\_  
Q-What is your allowance for oils each day? \_\_\_\_\_
- /10      3) MyPyramid Worksheet(Meal Tracker) & Questions Answered.  
Q-Is a day of your diet filled out? \_\_\_\_\_  
Q-Are all the questions at the bottom answered? \_\_\_\_\_
- /10      4) Dietary Guidelines Recommendations (Smiley/Sad Faces) & the following questions answered:  
How many happy faces did you have? \_\_\_\_\_  
How many sad faces did you have? \_\_\_\_\_  
How many straight faces? \_\_\_\_\_  
How can you improve your diet? \_\_\_\_\_
- /10      5) Your Pyramid Stats (Colored HORIZONTAL Bars) & and the following questions Answered:  
Q-Which food groups did you eat well in? \_\_\_\_\_  
Q-Which food groups do you need to eat better in? \_\_\_\_\_  
\_\_\_\_\_
- /10      6) Nutrient Intakes (2 pages with lots of numbers) & the following questions answered:  
Q-Which nutrients did you do well in? \_\_\_\_\_  
\_\_\_\_\_  
Q-Which nutrients do you need to do better in? \_\_\_\_\_  
\_\_\_\_\_

OVER

/10      7) Q-What did you learn from this assignment? \_\_\_\_\_  
\_\_\_\_\_  
Q-How can this assignment help you be more healthy? \_\_\_\_\_  
\_\_\_\_\_

/70      Total Points/Total Points Possible



## Meal Tracker Instructions

- 1- FIRST write down what you eat for a typical day. All the snacks, drinks, meals, etc. on the **MyPyramid Worksheet** under the first column where it says, 'Write Your Choices for Today', only you will write your choices for yesterday. Be sure to include EVERYTHING and approximate amounts.
- 2- Go to [www.Mypyramid.gov](http://www.Mypyramid.gov)
- 3- On the right side of the screen, scroll down below the Astronaut cartoon to where you see My Pyramid Tracker. Click on 'Go here'
- 4- Maximize the Screen
- 5- On the bottom of the screen under Assessment you'll see a box of food and next to it 'Assess Your Food Intake', click on that.
- 6- You will be asked for a User ID and Password, if you haven't done this yet, you'll need to go to the top where it says click here to register.
- 7- In the first box by User Id put your first name and part of your last name as one word. For example if my name was Sally Lakeridge, I'd write Sallylake.
- 8- In the next box by password, use your student id number.  
Record your USERID: \_\_\_\_\_
- 9- Hit the Submit button.
- 10-Next you'll be asked your age, gender, height, weight. You must fill in ALL the boxes.
- 11-Hit 'Proceed to Food Intake' box.
- 12-On the left side of the screen next to the 'Search' button, enter in one of the foods you've eaten. Hit 'Search'. You will then be given a choice of foods to choose from, scroll through the list and find the one that best resembles what you've eaten. Hit the 'Add' button and it should then transfer to the right side of the screen.
- \*\*\*Sometimes it says "Error" or "Server is Busy". Just enter a different food and it starts working again. Be sure to add that food later on.
- 13-Go back to the left side of the screen and enter in the next food. Continue until all the foods you've eaten for one day are on the right side.
- 14-Next go to 'Select Quantity'. In this screen you must first 'Select Serving Size' for each food. (Hint: 1 cup = 1 Fist, Tennis Ball =  $\frac{1}{2}$  cup, 5 stick gum pack is 2 oz. of cheese, palm of hand is serving of meat, fish and poultry)

15-Next you must fill in the number of serving sizes. For example if I choose serving size for blueberries as 1 cup and I only had  $\frac{1}{2}$  cup, I will need to type in .5 in number of servings. You must do this for each food.

16-At the end hit the 'Save and Analyze' button.

17-You will need 3 reports. The first is in the box 'Meeting 2005 Dietary Guidelines DG'. At the bottom of that box hit Calculate DG Comparison. When you hit that it will bring you to a screen that asks if you want to maintain or change your weight. You want to Maintain and press GO. You should see smiley and sad faces. Print that screen.

\*This report shows how well you did according to the dietary guidelines.

18-Hit the Back Arrow bottom twice at the top of the screen at the left side.

19-Next you will go to the next box down labeled 'Nutrient Intakes'. Hit the Calculate Nutrient Intakes from Foods, you should see lots of numbers. The first column is how much of each nutrient your body needs you got and the second column is what is recommended. Print that screen.

19-Hit the back arrow button once. Scroll down to the 3<sup>rd</sup> box labeled 'MyPyramid Recommendations'. Next hit the Calculate Pyramid Stats and you should see horizontal colored bars. This shows you which food groups you ate well in. Print that page.

20-You're done! . . . for now. Go back in a few months and do it again and see if you're eating better.

Name: \_\_\_\_\_ Period: \_\_\_\_\_

## MyPyramid.gov Assignment #1



Directions: In 1995 the USDA came out with MyPyramid.gov, a way to help Americans live a more healthy life. In this assignment you will explore the site and see how it can help you live a healthy life.

1. Log onto the internet and type in the address [www.mypyramid.gov](http://www.mypyramid.gov)
2. On the page fill in the information on the right side where it says 'My Pyramid Plan'. Fill in your age, sex, and exercise. Hit the submit button.
3. This page has information that is appropriate for your body. Underneath the pyramid picture in gray letters it says: 'View, Print & Learn More'. Click on 'Click here to view and print a PDF version of your results'. Print that page. **(You will need to staple that page to this worksheet when you are done.)**
4. Hit the back button. Go to Meal Tracking Worksheet and print it off. **(This will also be stapled to this worksheet and filled out later.)**
5. On the left side of the screen there is a blue box and the top says Search MyPyramid.gov. Go to "Inside the Pyramid".
6. On the right side of the page under 'Related Topics' go to 'Oils'.
  - \*What are oils? \_\_\_\_\_
  - \*What are two oils high in saturated fats? \_\_\_\_\_
  - \*What are solid fats? \_\_\_\_\_
  - \*What are 3 solid fats? \_\_\_\_\_
7. Hit the back button and on the right side under 'Related Topics' go to 'Discretionary Calories'. READ THE INFORMATION.

OVER

Explain discretionary calories: \_\_\_\_\_

List two ways to use your discretionary calories.

1. \_\_\_\_\_ 2. \_\_\_\_\_

8. Hit the back button and on the right side go to 'Physical Activity' under 'Related Topics'.

What are 3 examples of moderate activity:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

What are 3 examples of vigorous activity:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

9. Go back up to the right top corner box and go to 'How much is needed?'. The second paragraph explains how much exercise children and teenagers should get. How much should they get each day? \_\_\_\_\_

10. Go back up to the right top corner again hit 'Calories Used'. Hit the 'Click to see chart'. How many calories would the man use in 1 hour of hiking?

11. Close the chart. Go back up to the right top corner box and hit 'Tips for increasing physical activity'.

What are 2 ways to increase physical activity at home?

1. \_\_\_\_\_ 2. \_\_\_\_\_

What are two ways to increase physical activity at school?

1. \_\_\_\_\_ 2. \_\_\_\_\_

12. Hit the back button until you come back to 'Steps to a Healthier You'. Enter your personal information again on the right. On the left side under 'Subjects', hit 'For Kids'. Play the game until you win. Print off your certificate and attach to this worksheet. BE SURE TO READ ALL THE INSTRUCTIONS.




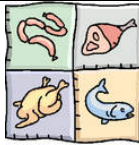



# Hike the MyPyramid Game



							FINISH Follow myPyramid and you'll be a true WINNER!
		Cut through IF you land on this space AND answer the question correctly.					
					Cut through IF you land on this space AND answer the question correctly.		
START your hike along the pyramid trail.			Cut through IF you land on this space AND answer the question correctly.				

**To Play:** Choose 2-4 players and another person to ask the questions. You will also need a die and markers. Start at the **START** box at bottom. Roll the die and move the number of spaces on the die. If you land on a cut through space, answer the question correctly and cut through. If you answer wrong, move back 3 spaces. **\*\*CUT THROUGH** Questions are extra hard.

Question Giver: When a player lands on a space, look at the symbol and then ask a question from that section. Cut through questions are in the last column.					
 Grains Group	 Fruits Group	 Vegetables Group	 Meat, Fish, Poultry, Dried Beans, Eggs & Nuts Group	 Milk Group	<b>CUT THROUGH QUESTION</b>
1-How much is 1 oz of bread? (1 slice) 2-What is the main nutrient in grains? (Carbs) 3-Which vitamins are grains high in? (B) 4-Name 2 different kinds of pasta. 5-Name 2 foods made with grains that are high in fat. (Pie, cake, cookies, donut, pastry) 6-T or F: Grains add fiber to the diet. (True) 7-T or F: Grains are naturally low in fat. (True) 8-What color are grains represented by on the pyramid? (Orange) 9-How much bread equals 1 ounce? (1 Slice) 10-Name 2 grains. (Oats, Wheat, Rice, Bulgar, Rye.) 11-What is it called when nutrients are added back into a food after processing? (Enriched) 12-What is 1 ounce of cooked cereal, pasta and rice/ (1/2 cup) 13-In order for a grain food to be whole grain it must say what? (Whole Grain) 14-How many hamburger or hot dog buns equal 1 oz. (1/2)	1-How many apples equals 1 cup? (1/2 Large) 2-What are the main vitamins in fruits? (A & C) 3-T or F: There is more fiber in orange juice instead of an orange. 4-What can you dip cut fruits in to keep them from turning brown? (Lemon Juice) 5-Name 2 foods made with fruits high in fat. (Pie, Cake, Pastry, Donut) 6-T or F: Strawberry Jam is part of the fruit group. (False-more sugar than fruit) 7-Name 2 fruits high in Vit. C. (Orange, Lemon, Kiwi, Strawberry, Grapefruit) 8-T or F: Whole fruits are high in fiber. (True) 9-How many small grapes equal 1 cup? (32) 10-How much of a melon equals 1 cup? (1/8 melon) 11-What color is fruit represented by on the pyramid? (Red) 12-Which is more healthy-Whole fruit or Fruit Juice? (Whole Fruit) 13-Fruit is full of fiber which helps us how? (Digestion) 14-T or F: Eating fruits	1-How much lettuce equals 1 cup? (2 cups) 2-What are the main vitamins in veggies? (A & C) 3-How many potatoes equals 1 cup of veggies? (1 medium) 4-What is a less healthy way to cook veggies? (Deep Fry) 5-Name 2 forms veggies can be bought. (Fresh, frozen, canned or dried) 6-T or F: Veggies are naturally high in fat. (False) 7-What vitamin is broccoli high in? (Vitamin C) 8-Name a red vegetable. (Red peppers) 9-T or F: Veggies are naturally low in sodium. (True) 10-How much corn on the cob equals 1 cup? (1 Large Cob) 11-T or F: Veggies are naturally high in fiber. (True) 12-T or F: Frozen and canned veggies have lost all their nutrients. (False) 13-Which is more healthy: whole vegetable or vegetable juice. (Whole vegetable) 14-Name 1 healthy veggie side dish. (Salad, casserole,	1-How much peanut butter is equal to one ounce of meat? (1 Tablespoon) 2-What is a good protein substitute for meat? (Cooked Dried Beans) 3-What major nutrient that helps you grow and repair is meat a good source of? (Protein) 4-T or F: Meat is high in fat. (False-some meat is, but not all) 5-Why are nuts in the meat group? (Because they are high in many of the same nutrients as meat.) 6-T or F: Eating extra meat will build muscle. (False, extra protein is stored as fat) 7-How much nuts are equal to 1 ounce of meat. (1/2 oz.) 8-T or F: Meat is full of fiber. (False-no fiber) 9-T or F: Fat is bad in the diet. (False, fat is essential in the diet) 10-Name 3 foods in this group. (Any meat, poultry, fish, beans, eggs and nuts) 11-Which has more fat, pink or red hamburger. (Pink) 12-How many eggs equal 1 oz. of meat?	1-How much yogurt is equal to one cup of milk? (8 oz.) 2-What is the key nutrient in the milk group? (Calcium) 3-What does calcium do for our bodies? (Builds strong bones & Teeth) 4-How many servings of milk should teens have per day? (3 or more cups) 5-What is a high fat food choice in the milk group? (Cheese, Ice Cream) 6-What is a low-fat food choice in the milk group? (Yogurt, lowfat or skim milk, cottage cheese) 7-What kind of milk is a healthier choice? (Skim, 1% or 2%) 8-T or F: Teen bodies store calcium for later in life. (True) 9-if you are lactose intolerant, how can you get your calcium? (Cook with milk, drink milk with other foods, take a supplement.) 10-How much cottage cheese would you need to eat to get 1 cup of milk? (2 cups) 11-T or F: Cheese is low in lactose. (True) 12-Milk is a good example of what kind of protein? (Complete)	1-What are the 3 parts of a grain kernel?(Bran, Germ, Endosperm) 2-What sugar is in fruits? (Fructose) 3-What is the chemical name of Vitamin C? (Ascorbic Acid) 4-How many calories are in 1 gram of protein or carbohydrate? (4 calories) 5-What disease does calcium help prevent? (Osteoporosis) 6-How many servings of milk is 1 lb. of cheese? (8-one serving is 2 ounces.) 7-List all the food groups and their colors on myPYramid. (Blue-milk, red-fruit, green-veggies, purple-meat, fish, poultry, etc., orange-grains, yellow-oils) 8-What info do you need to figure out your Pyramid Plan? (Age, Gender, Activity Level) 9-Name 3 guidelines to be healthier. (Eat F & V, don't eat high

	helps prevent certain types of cancer. (True)	soup, Vegetable sticks)	(1 egg) 13-T or F: All meat is high fat. (False) 14-T or F: Nuts have healthier fat than meat. (True)	13-What color is milk represented by on the pyramid? (Blue) 14-T or F:Milk is a good choice of beverage. (True)	fat/ sugar snacks, substitute milk for pop, choose lowfat meats and milk products, exercise 60 min a day.)
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## MyPyramid.gov Crossword

MyPyramid Plan can help you choose the foods and amounts that are **(right)** for you

For a quick estimate of what and how much you need to eat, enter your age, sex, and **(activity)** level

Teenagers need to get **(sixty)** minutes of exercise daily

**(Orange)** is the color that represents grains on myPyramid

Whole grain foods include the **(bran)**, germ and endosperm

The color green on the myPyramid represents the **(vegetable)** group

Fruits are represented by the color **(red)**

2 cups of leafy greens equals 1 **(cup)** of vegetables

A major benefit of eating whole fruit over drinking fruit juice is you get more **(fiber)** from whole fruits.

Fruits and vegetables are an excellent source of **(potassium)**

Most choices from the **(milk)** group should be low-fat or fat-free

Foods in the Meat & Beans group are grouped together because they are high in **(protein)**

Nuts are part of the Meat & **(Bean)** group

**(Oils)** are fats that are liquid at room temperature

Olive oil is an excellent source of **(monounsaturated)** fat, the best type of fat

**(Discretionary)** calories are the calories that are left over after eating the suggested number of servings from all the food groups

Being physically active is a key element in living a longer, healthier, happier **(life)**

The internet address for the new pyramid is **(MyPyramid.gov)**

A fun computer game to learn to use MyPyramid.gov is MyPyramid **(Blast)** Off

The United States Department of **(Agriculture)** is responsible for developing MyPyramid.gov

The milk group is represented by the color **(Blue)** on myPyramid.gov

The color **(Purple)** represents the Meat & Beans section of myPyramid.gov

The color **(Yellow)** represents the Oils section of myPyramid.gov.



Right/MyPyramid Plan can help you choose the foods and amounts that are \_\_\_\_\_ for you.

Activity/For a quick estimate from myPyramid.gov of what and how much you need to eat, enter your age, sex, and \_\_\_\_\_ level.

Sixty/Teenagers need to get \_\_\_\_\_ minutes of exercise daily.

Orange/\_\_\_\_\_ is the color that represents grains on myPyramid.

Bran/Whole grain foods include the \_\_\_\_\_, germ, and endosperm of the grain kernel.

Potassium/Fruits and vegetables are an excellent source of \_\_\_\_\_.

Vegetable/The color green on the myPyramid represents the \_\_\_\_\_ group.

Red/Fruits are represented by the color \_\_\_\_\_.

One/Two cups of leafy greens equals \_\_\_\_\_ cup of vegetables.

Fiber/A major benefit of eating whole fruit over drinking fruit juice is you get more \_\_\_\_\_ from whole fruits.

Milk/Most choices from the \_\_\_\_\_ group should be low-fat or fat-free.

Protein/Foods in the Meat & Beans group are grouped together because they are high in \_\_\_\_\_.

Beans/Peanuts and sunflower seeds are part of the Meat & \_\_\_\_\_ group.

Oils/\_\_\_\_\_ are fats that are liquid at room temperature.

Monounsaturated/Olive oil is an excellent source of \_\_\_\_\_ fat, the healthiest type of fat.

Discretionary/\_\_\_\_\_ calories are the calories that are left over after eating the suggested number of servings from all the food groups.

Life/Being physically active is a key element in living a longer, healthier, happier \_\_\_\_\_.

MyPyramid/The internet address for the new pyramid is \_\_\_\_\_ .gov.

Blast/A fun computer game to learn to use MyPyramid.gov is MyPyramid \_\_\_\_\_ Off.

Agriculture/The United States Department of \_\_\_\_\_ is responsible for developing MyPyramid.gov.

Dietary/MyPyramid works with the \_\_\_\_\_ Guidelines to help Americans be healthy.

Blue/The milk group is represented by the color \_\_\_\_\_ on myPyramid.gov

Purple/The color \_\_\_\_\_ represents the Meat & Beans section of myPyramid.gov.

Yellow/The color \_\_\_\_\_ represents the Oils section of myPyramid.gov.

Name: \_\_\_\_\_ Period: \_\_\_\_\_



# MyPyramid Serving Size

## Bingo



**Directions:** Fill one space with FREE. Fill in the rest of the columns with the serving sizes. Be sure to put the serving sizes in the same column, but mix them up.

\*1 oz.  
\*1 cup  
\*1 slice  
\*1/2 cup  
\*1/2

\*1 cup  
\*1/2 Large  
\*32 small  
\*1 Large  
\*1/8

\*1 cup  
\*2 cups  
\*1 medium  
\*1 Large  
\*6 Baby

\*1 oz.  
\*1  
\*1 Tbsp.  
\*Palm of Hand  
\*1/2 oz.

\*1 cup  
\*8 oz.  
\*1 1/2 oz.  
\*2 c.  
\*2 oz.

Grains	Fruits	Vegetables	Meat/Protein	Dairy/Milk

#### Grains:

What is one serving of grains? (1 oz.)

How much cold cereal is equal to 1 oz. of grains? (1 cup)

How much bread is equal to 1 oz. of grains? (1 slice)

How much cooked cereal, rice, pasta is equal to 1 oz. of grains? (1/2 cup)

How many hamburger buns, hot dog buns or English muffins are equal to 1 oz. of grains? (1/2)

#### Fruits:

What is one serving of fruits? (1 cup)

How much of an apple is equal to 1 cup of fruits? (1/2 Large or 1 medium)

How many grapes are equal to 1 cup of fruits? (32 small)

How much orange or peach is equal to 1 cup of fruits? (1 Large)

How much of a cantaloupe is equal to 1 cup of fruits? (1/8 of a melon)

#### Vegetables:

What is one serving of vegetables? (1 cup)

How much lettuce or other leafy vegetable is equal to 1 cup of vegetables? (2 cups)

How many carrots or potatoes is equal to 1 cup of vegetables? (1 medium)

How many cobs of corn is equal to 1 cup of vegetables? (1 Large)

How many baby carrots are equal to 1 cup of vegetables? (6 baby)

#### Meat/Protein:

How much is one serving of meat? (1 oz.)

How many eggs equal 1 ounce of meat? (1)

How much peanut butter is one serving of meat? (1 Tbsp.)

How much is 2-3 ounces of meat, fish or poultry? (Palm of the hand)

How much of whole nuts is one serving of meat? (1/2 oz.)

#### Dairy/Milk:

What is one serving of milk? (1 cup)

How much yogurt is equal to 1 cup of milk? (8 oz.)

How much block cheese (cheddar, mozzarella, Colby) is equal to 1 cup of milk? (1 1/2 oz.)

How much cottage cheese is equal to 1 cup of milk? (2 cups)

How much processed cheese (American, cheez whiz, velveeta) is equal to 1 cup of milk? (2 oz.)

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Serving Sizes

Matching: Match the food with the equivalent of 1 serving size.

- |                                 |              |
|---------------------------------|--------------|
| _____ 1. Peanut Butter          | A. 1 Large   |
| _____ 2. Leafy Green Vegetables | B. 1 Tbsp.   |
| _____ 3. Milk                   | C. 32 Small  |
| _____ 4. Peanuts                | D. 1/2 Large |
| _____ 5. Apple                  | E. 1/2 oz.   |
| _____ 6. Cold Cereal            | F. 1 medium  |
| _____ 7. Bread                  | G. 1/2 cup   |
| _____ 8. English Muffin         | H. 1 slice   |
| _____ 9. Baked Potato           | I. 1 cup     |
| _____ 10. Rice                  | J. 2 oz.     |
| _____ 11. Pasta                 | K. 1/2       |
| _____ 12. Grapes                | L. 1 1/2 oz. |
| _____ 13. Cheddar Cheese        | M. 1         |
| _____ 14. Oatmeal               | N. 2 cups    |
| _____ 15. Hot Cereal            |              |
| _____ 16. Cheez Whiz            |              |
| _____ 17. Cashews               |              |
| _____ 18. Egg                   |              |
| _____ 19. Orange                |              |
| _____ 20. Rice                  |              |
| _____ 21. Peach                 |              |
| _____ 22. American Cheese       |              |
| _____ 23. Corn on the Cob       |              |
| _____ 24. Cheerios              |              |
| _____ 25. Lettuce               |              |

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Serving Sizes

Matching: Match the food with the equivalent of 1 serving size.

- |                                 |                        |
|---------------------------------|------------------------|
| _____ 1. Peanut Butter          | A. 32 Small            |
| _____ 2. Leafy Green Vegetables | B. 1 Tbsp.             |
| _____ 3. Milk                   | C. 1 slice             |
| _____ 4. Peanuts                | D. 1/2 cup             |
| _____ 5. Apple                  | E. 1/2 oz.             |
| _____ 6. Cold Cereal            | F. 1 medium            |
| _____ 7. Bread                  | G. 1/2 Large           |
| _____ 8. English Muffin         | H. 2 cups              |
| _____ 9. Baked Potato           | I. 1 cup               |
| _____ 10. Rice                  | J. 2 oz.               |
| _____ 11. Pasta                 | K. 1/2                 |
| _____ 12. Grapes                | L. 1 $\frac{1}{2}$ oz. |
| _____ 13. Cheddar Cheese        | M. 1 Large             |
| _____ 14. Oatmeal               | N. 1                   |
| _____ 15. Hot Cereal            |                        |
| _____ 16. Cheez Whiz            |                        |
| _____ 17. Cashews               |                        |
| _____ 18. Egg                   |                        |
| _____ 19. Orange                |                        |
| _____ 20. Rice                  |                        |
| _____ 21. Peach                 |                        |
| _____ 22. American Cheese       |                        |
| _____ 23. Corn on the Cob       |                        |
| _____ 24. Cheerios              |                        |
| _____ 25. Lettuce               |                        |

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Serving Sizes

Matching: Match the food with the equivalent of 1 serving size.

- |                                 |              |
|---------------------------------|--------------|
| _____ 1. Peanut Butter          | A. 1 1/2 oz. |
| _____ 2. Leafy Green Vegetables | B. 1 Tbsp.   |
| _____ 3. Milk                   | C. 1 slice   |
| _____ 4. Peanuts                | D. 1 Large   |
| _____ 5. Apple                  | E. 1/2 oz.   |
| _____ 6. Cold Cereal            | F. 1 medium  |
| _____ 7. Bread                  | G. 1 cup     |
| _____ 8. English Muffin         | H. 2 cups    |
| _____ 9. Baked Potato           | I. 32 Small  |
| _____ 10. Rice                  | J. 2 oz.     |
| _____ 11. Pasta                 | K. 1/2       |
| _____ 12. Grapes                | L. 1/2 cup   |
| _____ 13. Cheddar Cheese        | M. 1         |
| _____ 14. Oatmeal               | N. 1/2 Large |
| _____ 15. Hot Cereal            |              |
| _____ 16. Cheez Whiz            |              |
| _____ 17. Cashews               |              |
| _____ 18. Egg                   |              |
| _____ 19. Orange                |              |
| _____ 20. Rice                  |              |
| _____ 21. Peach                 |              |
| _____ 22. American Cheese       |              |
| _____ 23. Corn on the Cob       |              |
| _____ 24. Cheerios              |              |
| _____ 25. Lettuce               |              |

Name: \_\_\_\_\_

Period: \_\_\_\_\_

## Dietary Guideline #1 Adequate Nutrients Within Calorie Needs

**Directions:** Fill out the outline while watching the PowerPoint presentation on Adequate Nutrients Within Calorie Needs.

- Many Americans eat \_\_\_\_\_ calories than is recommended for their body's calorie needs.
- Americans also eat too much \_\_\_\_\_ fat, \_\_\_\_\_ fats, \_\_\_\_\_, added \_\_\_\_\_, and \_\_\_\_\_.
- A nutrient dense food is high in \_\_\_\_\_ and relatively low in \_\_\_\_\_.
- An empty calorie food is \_\_\_\_\_ in nutrients and relatively \_\_\_\_\_ in calories.

### **Recommendation**

- It is recommended that Americans eat more \_\_\_\_\_ - \_\_\_\_\_ foods that have fewer \_\_\_\_\_ and more \_\_\_\_\_.
- Eating a nutrient rich diet will promote \_\_\_\_\_ and \_\_\_\_\_ of children, good \_\_\_\_\_ for people of all ages, and a \_\_\_\_\_ of risk for a number of chronic \_\_\_\_\_.
- Nutrients that are a major concern for children and adolescents include \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, magnesium and Vitamin \_\_\_\_\_.

## Nutrient Dense - Empty Calorie Foods Comparison

**Directions:** Using the food charts with nutritive values, choose 5 foods from the nutrient dense side and 5 foods from the empty calorie side and shade in the bar charts for each nutrient listed below the bar. Answer the questions at the end.

**Nutrient Dense Foods**

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

**Empty Calorie Foods**

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_ **(OVER)**

## Nutrient Dense Foods

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod- ium	Pota- ssium	Fiber	Prot- ein	Vit. A	Vit. C	Iron	Cal- cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod- ium	Pota- ssium	Fiber	Prot- ein	Vit. A	Vit. C	Iron	Cal- cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod- ium	Pota- ssium	Fiber	Prot- ein	Vit. A	Vit. C	Iron	Cal- cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

1-Which type of food (nutrient dense/empty calorie) has more amount of the bars shaded?

\_\_\_\_\_

2-What does that say about the nutrient content?

\_\_\_\_\_

3-Which type of foods have more fat and cholesterol? \_\_\_\_\_

## Empty Calorie Foods

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod- ium	Pota- ssium	Fiber	Prot- ein	Vit. A	Vit. C	Iron	Cal- cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod- ium	Pota- ssium	Fiber	Prot- ein	Vit. A	Vit. C	Iron	Cal- cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod- ium	Pota- ssium	Fiber	Prot- ein	Vit. A	Vit. C	Iron	Cal- cium

Food: \_\_\_\_\_

Calories: \_\_\_\_\_

4-Explain the dietary guideline, 'Adequate Nutrients within Calorie Needs'. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Nutrient Dense Foods

Food	Calories	Fat	Cholest	Sodium	Fiber	Protein	Vit. A	Vit. C	Calcium	Iron
Shredded Wheat, 2 biscuits	160	2%	0%	0%	24%	5 g	0%	0%	2%	6%
Wheat Thins, Red. Fat, 16 crackers	130	6%	0%	11%	4%	3 g	0%	0%	2%	6%
Oatmeal, 1 cup cooked	150	4%	0%	2%	15%	5 g	0%	0%	0%	10%
Instant Rice, 1 cup cooked	190	1%	0%	1%	4%	3 g	0%	0%	2%	10%
Cashews, 3 Tbsp	180	21%	0%	5%	8%	5 g	0%	0%	0%	6%
JIF Peanut Butter, 2 Tbsp	190	25%	0%	6%	9%	8 g	0%	0%	0%	4%
Refried Beans, 1/2 cup	140	5%	0%	22%	28%	5 g	6%	0%	4%	10%
Mandarin Oranges, 2/3 cup	30	0%	0%	0%	3%	0 g	2%	15%	0%	4%
Sweet Peas, 1/2 cup	60	0%	0%	16%	16%	4 g	6%	10%	2%	6%
Potatoes, 2/3 cup	80	0%	0%	19%	8%	1 g	0%	15%	4%	2%
Parmesan Cheese, 2 tsp.	20	2%	2%	4%	0%	2 g	0%	0%	6%	0%
Spaghetti Noodles, 1 cup	210	2%	0%	0%	7%	7 g	0%	0%	0%	10%
Egg Beaters, 1/4 cup (1 Egg)	30	0%	0%	5%	0%	6 g	15%	0%	2%	6%
Chicken Breast, 2.5 oz.	60	2%	13%	10%	0%	15 g	0%	0%	0%	0%
Skim Milk, 1 cup	80	0%	1%	5%	0%	17g	10%	4%	30%	0%
Apple Juice, 1 cup	110	0%	0%	1%	0%	0 g	0%	130%	0%	0%
Strawberries, 1 cup	50	0%	0%	0%	12%	0 g	0%	90%	2%	4%
Broccoli, 1 cup	30	0%	0%	1%	8%	2 g	0%	50%	2%	0%
Bean & Cheese Burrito, 1 burrito	220	10%	1%	19%	15%	7 g	0%	2%	4%	15%
Orange Juice with Calcium, 1 cup	120	0%	0%	0%	0%	1 g	0%	130%	30%	0%
Nalley's Chili with Beans, 1 cup	260	11%	10%	48%	40%	19 g	25%	0%	8%	20%
Cheddar Cheese, 1/4 cup	110	14%	10%	8%	0%	7 g	0%	2%	4%	15%
Lowfat Cottage Cheese, 1/2 cup	90	4%	5%	20%	0%	12 g	4%	0%	8%	0%
Mini Bagels, 2 bagels	140	2%	0%	13%	4%	5 g	0%	0%	4%	10%
String Cheese, 1 package	80	8%	5%	8%	0%	8 g	4%	0%	20%	0%

**Fat, Cholesterol, Sodium, Fiber, Vitamin A, Vitamin C, Calcium, and Iron are Percent Daily Values are based on a 2,000 calorie diet.**

## Empty Calorie Foods

Food	Calories	Fat	Cholest	Sodium	Fiber	Protein	Vit. A	Vit. C	Calcium	Iron
No Bake Jello Cheesecake, 1/9	210	15%	1%	15%	3%	2 g	6%	0%	15%	2%
Ritz Bits PB Sandwiches, 12	140	12%	0%	10%	4%	3 g	0%	0%	4%	4%
Kraft Mac & Cheese, 1 cup	380	23%	3%	32%	4%	9 g	15%	0%	25%	10%
Jell-o, Raspberry, 1/2 cup	80	0%	0%	3%	0%	2 g	0%	0%	0%	0%
Ghiradelli Triple Choc Brownie	200	14%	5%	5%	3%	1 g	0%	0%	0%	6%
Runts Candies, 1 mini box	70	0%	0%	0%	0%	0 g	0%	0%	0%	0%
Chocolate Frosting, 2 Tbsp	140	9%	0%	4%	3%	0 g	0%	0%	0%	2%
Raspberry Jam, 1 Tbsp.	60	0%	0%	0%	0%	0 g	0%	0%	0%	0%
Chocolate Cake, 1/12 piece	270	20%	18%	14%	5%	2 g	0%	0%	10%	8%
Ranch Dressing, 2 Tbsp.	230	35%	5%	24%	0%	1 g	0%	0%	4%	0%
Pizza Sauce, 1/4 cup	30	0%	0%	14%	4%	1 g	6%	10%	2%	2%
Butter, 1 Tbsp.	100	17%	10%	4%	0%	0 g	8%	0%	0%	0%
Sour Cream, 2 Tbsp.	60	9%	7%	3%	0%	1 g	4%	0%	4%	0%
Sprite, 1 cup	100	0%	0%	2%	0%	0 g	0%	0%	0%	0%
Lemon Bars, 2 inch bar	160	7%	13%	4%	0%	0 g	0%	0%	0%	2%
Vanilla Pudding prepared with 2% milk, 1/2 cup	150	4%	3%	17%	0%	0 g	4%	0%	15%	0%
Raspberry Sherbet, 1/2 cup	130	3%	2%	1%	0%	0 g	0%	0%	2%	0%
Bacon, 2 slices	80	11%	3%	14%	0%	4 g	0%	0%	0%	0%
Graham Crackers, 2 whole crackers	130	5%	0%	5%	4%	2 g	0%	0%	0%	0%
Frosted Flakes Cereal, 1 cup	130	0%	0%	7%	4%	1 g	10%	10%	0%	25%
DiGiorno Supreme Pizza, 1/6 pizza	360	23%	10%	42%	12%	16 g	6%	2%	15%	8%
Refrig. Biscuits, 2 biscuits	100	2%	0%	16%	2%	3 g	0%	0%	0%	8%
Vanilla Ice Cream, 1/2 cup	140	11%	13%	2%	0%	3 g	6%	0%	10%	0%
PopWeaver MW Popcorn, Butter, 1 bag or 3 cups	120	12%	0%	9%	24%	6 g	0%	0%	0%	5%
Snickers, 1 regular size bar	280	22%	2%	6%	4%	4 g	0%	0%	4%	2%

**Fat, Cholesterol, Sodium, Fiber, Vitamin A, Vitamin C, Calcium, and Iron are Percent Daily Values are based on a 2,000 calorie diet.**

Name: \_\_\_\_\_

Period: \_\_\_\_\_

**Dietary Guideline #2**  
**Weight Management Study Guide**

**Directions:** Fill in the outline while watching the PowerPoint presentation on Weight Management.

- The number of Americans who are obese has \_\_\_\_\_ in the last 20 years.
- Nearly one-third of adults are \_\_\_\_\_.
- Roughly \_\_\_\_\_ percent of children and teens are overweight. This \_\_\_\_\_ the rate in the last 20 years.
- The \_\_\_\_\_ is one way to monitor body fat.
- BMI is not an accurate measure if you are very \_\_\_\_\_.
- Another way to monitor body fat is the \_\_\_\_\_ circumference.
- A \_\_\_\_\_ waist circumference leads to greater health risks.
- Excess body fat leads to a higher risk for \_\_\_\_\_ death, Type 2 \_\_\_\_\_, hypertension (high blood pressure), \_\_\_\_\_ disease, \_\_\_\_\_, gall bladder disease, and certain types of \_\_\_\_\_.

**Recommendations**

- To maintain body weight in a healthy range, \_\_\_\_\_ calories from foods and \_\_\_\_\_ calories with calories burned.
- For overweight teens, the goal is to \_\_\_\_\_ the rate of \_\_\_\_\_ gain while achieving normal growth and \_\_\_\_\_.
- To prevent gradual weight gain over time, make small \_\_\_\_\_ in food and beverage calories and \_\_\_\_\_ physical activity.

**Activity #1:** Using the charts from your teacher, find your body mass index. If the number is less than 30 you are doing a good job balancing exercise and calorie consumption. If the number is greater than 30 the goal is to eat more nutrient dense foods and cut out the empty calorie foods and be sure you are getting 60 or more minutes each day.

**Activity #2:** Using the chart with empty calorie foods, choose 2 foods from the list that you would eat in a day and write down the calories-remember if you eat more than 1 serving you have to multiply the calories by servings. Then choosing 2 different types of exercise figure out how much exercise you would need to do in order to burn those calories.

Empty Calorie Food #1: \_\_\_\_\_ Calories: \_\_\_\_\_

Empty Calorie Food #2: \_\_\_\_\_ Calories: \_\_\_\_\_

Total Calories: \_\_\_\_\_

Exercise #1: \_\_\_\_\_

Time: \_\_\_\_\_

Exercise #2: \_\_\_\_\_

Time: \_\_\_\_\_

<b>Moderate Physical Activity</b>	<b>Approximate Calories/Hr for a 154 lb Person<sup>a</sup></b>
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180
<b>Vigorous Physical Activity</b>	<b>Approximate Calories/Hr for a 154 lb Person<sup>a</sup></b>
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

Name: \_\_\_\_\_

Period: \_\_\_\_\_

### **Dietary Guideline #3**

#### **Physical Activity**

**Directions:** While watching the PowerPoint presentation on exercise fill out the following outline, then complete the exercise plan activity.

- In 2003, \_\_\_\_\_ of students in grades 9-12 viewed television 3 or more hours per day. Is that a lot? \_\_\_\_\_ Why or why not? \_\_\_\_\_

#### **Recommendation**

- It is recommended that teens be physically active at least \_\_\_\_\_ minutes a day above usual activities at home or \_\_\_\_\_.
- It is recommended that adults be physically active at least \_\_\_\_\_ minutes a day above usual \_\_\_\_\_ at home or \_\_\_\_\_.
- Exercising regularly helps maintain a \_\_\_\_\_.
- Regular physical activity helps reduce risks of \_\_\_\_\_ pressure, \_\_\_\_\_, Type 2 \_\_\_\_\_, \_\_\_\_\_ cancer, and osteoporosis.
- It's important to set aside a \_\_\_\_\_ to fit exercise into our busy \_\_\_\_\_.

**Activity:** Make an exercise plan using a variety of exercises for a month. Most people choose not to exercise periodically. Choose 5 days of "rest" if you want in your plan. Try to follow your plan.

#### **Exercise Plan**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Dietary Guideline #4  
Food Groups to Encourage Study Guide

- The food groups to encourage include fruits, \_\_\_\_\_, \_\_\_\_\_ grains, and fat-free or \_\_\_\_\_ - \_\_\_\_\_ dairy products.
- People who eat a diet high in these foods have many health benefits and a reduced risk of the following:
  - \_\_\_\_\_ diseases
  - Stroke
  - \_\_\_\_\_ disease
  - Type 2 \_\_\_\_\_
  - Certain \_\_\_\_\_ such as lung, colon, stomach cancer.

**Key Recommendations**

- Eat \_\_\_\_\_ cups of fruit each day.
- Eat \_\_\_\_\_ cups of vegetables each day.
- Choose a \_\_\_\_\_ of fruits and vegetables daily, especially dark \_\_\_\_\_, orange and yellow vegetables.
- Half your \_\_\_\_\_ should be whole \_\_\_\_\_.
- Consume \_\_\_\_\_ cups of fat-free or low-fat \_\_\_\_\_ products daily.

Name: \_\_\_\_\_

Period: \_\_\_\_\_

### **Food Groups to Encourage Pamphlet**

**Directions:** Using your study guide with information on Foods Groups to Encourage, make a pamphlet with the information. Each of the six panels must be colorful, have illustrations, and be factually correct. You can use markers, colored pencils, Printshop or Publisher programs. Attach your pamphlet to this paper to be graded.

#### **Front Panels**

<b>Title Page</b>  *Title: Food Groups to Encourage *Pictures *by (Put your name on the front)	<b>Health Benefits</b>  *Which diseases can these food groups help prevent? *How can dairy help children & teenagers.	<b>Whole Grains</b>  *List 2 Health Benefits *Recommendation *Slogan for Whole Grains (ex. One of whole grains function is to avoid constipation.)
--	--	--

#### **Back Panels**

<b>Fruits &amp; Vegetables</b>  *List 2 Health Benefits *Recommendation *Slogan *2 examples of each: Vit. A, Vit. C, Folate, Potassium	<b>Fruits &amp; Vegetables (continued)</b>	<b>Fat-free or Lowfat Dairy Products</b>  *List 2 Health Benefits *Recommendation *List 3 menu ideas (ex. Mac & Cheese) *Slogan
--	--	--

Each Panel Colored (6 panels x 1 pt.) /6 pts.

Each Panel Illustrated (6 panels x 1 pt.) /6 pts.

Each Panel Factually Correct (6 panels x 1 pt.) /6 pts.

Total /18 pts.

Comments:

Name: \_\_\_\_\_

Period: \_\_\_\_\_

### **Dietary Guideline #5**

#### **Fats Study Guide**

**Directions:** Fill in the information watching the PowerPoint presentation on Fats.

- Fats and \_\_\_\_\_ can be part of a \_\_\_\_\_ diet.
- The type of fat and how much will affect your \_\_\_\_\_ health.
- High intakes of the following types of fat can increase your risk for coronary heart disease:
  - \_\_\_\_\_ fats
  - \_\_\_\_\_ fats
  - Cholesterol (not fat, but a fat like substance.)
- These types of fats need to be listed on food \_\_\_\_\_ in Nutrition Facts.

#### **Key Recommendations**

- Keep total fat intake between 25-35% of total calories.
- Let most of the fats you eat be polyunsaturated and monounsaturated fats such as fish, \_\_\_\_\_ and \_\_\_\_\_ oils.



Name: \_\_\_\_\_

Period: \_\_\_\_\_

### Fat or Cholesterol Display Board Assignment

Directions: You will be making a display board of one of the following fats or types of cholesterol. Sketch out your board on a piece of plain type paper first and check it off with the teacher.

- Fats
- Trans Fats
- Saturated Fats
- Unsaturated Fats
- Polyunsaturated Fats
- Monounsaturated Fats
- Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Hidden Fats in Food
- Cholesterol in Food

Your display board must include:

\*Title

\*Facts about the certain type of fat or cholesterol.

\*Examples of foods that contain that specific type of fat or cholesterol.

\*The information on your poster must be grammatically and factually correct.

\*Visuals, like butter flavored shortening in a plastic bag or food labels, are great!

Title	/20 pts.
Facts	/20 pts.
Examples of Foods	/20 pts.
Info Accurate	/20 pts.
Visuals	/20 pts.
Total	/100 pts.

Name: \_\_\_\_\_

Period: \_\_\_\_\_

**Dietary Guideline #6**  
**Carbohydrates & Fiber**

**Directions:** Fill in the missing blanks while watching the PowerPoint on Carbohydrates.

- It is recommended that \_\_\_\_\_ of our diet should come from carbohydrates.
- Fiber is composed of \_\_\_\_\_ carbohydrates.
- Fiber rich diets have many benefits including decreased risk of \_\_\_\_\_ heart disease, \_\_\_\_\_, and even lowering the risk of Type 2 \_\_\_\_\_.
- Sugars and Starches are carbohydrates that supply \_\_\_\_\_.
- Sugars are both naturally found in some foods and other times it is \_\_\_\_\_ as sugar itself and also as \_\_\_\_\_.
- It is more healthy to choose carbohydrates that are \_\_\_\_\_ found in foods like fruits, vegetables, \_\_\_\_\_ and whole \_\_\_\_\_.
- \_\_\_\_\_ are dried beans and peas and should be eaten \_\_\_\_\_ times per week.
- Legumes are a good \_\_\_\_\_ of carbohydrates, they are full of \_\_\_\_\_ and complex carbohydrates.

**Key Recommendations**

- Choose \_\_\_\_\_ fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little \_\_\_\_\_ sugars.
- Reduce cavities by practicing good \_\_\_\_\_ hygiene and consuming sugar rich foods less \_\_\_\_\_.

**Activity #1:** Categorize the following foods as food with natural sugars and those with added sugars or with natural and added sugars.

*Milk	*Orange Juice	*Apple	*Apple Pie	*Sucker
*Cookies	*Banana Cream Pie	*Pudding	*Orange	*Oatmeal
*Chex	*Froot Loops	*Yogurt	*Chocolate Milk	*Root Beer

Natural Sugar	Added Sugar	Natural & Added Sugar

Activity #2: Following is a list of sugars found in food. Using the 3 cereal labels and 4 other food labels, read the ingredient lists and write down all the sugars on the label. Answer the questions at the end.

List of sugars found in foods

Brown sugar	Invert sugar
Corn sweetener	Lactose
Corn syrup	Maltose
Dextrose	Malt syrup
Fructose	Molasses
Fruit juice concentrates	Raw sugar
Glucose	Sucrose
High-fructose corn syrup	Sugar
Honey	Syrup

**OVER**

Food	List of Sugars on Label	Total # of Sugars
Cereal:		
Cereal:		
Cereal:		
Food #1:		
Food #2:		
Food #3:		
Food #4:		

Which food had the most sugars? \_\_\_\_\_

Which food surprised you at how much sugar it had? \_\_\_\_\_

Is it easier to see how people can eat 125 lbs. of sugar a year? \_\_\_\_\_

What are 2 ways you can cut down on sugar in your diet? \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Dietary Guideline #7  
Sodium & Potassium Study Guide

**Directions:** Watching the powerpoint presentation on Sodium and Potassium, fill in the blanks.

- Most Americans consume \_\_\_\_\_ salt than they need.
- \_\_\_\_\_ chloride is also called salt.
- On the Nutrition Facts label salt is identified by \_\_\_\_\_.
- Eating recommended amounts of \_\_\_\_\_ will reduce your risk of \_\_\_\_\_ blood pressure.
- High blood pressure is related to other diseases such as coronary \_\_\_\_\_ disease, stroke, and \_\_\_\_\_ disease.
- Most of the sodium in our diet comes from \_\_\_\_\_ foods such as cereal, spaghetti \_\_\_\_\_, canned \_\_\_\_\_, and most other foods already pre-made.
- Another way your diet can lower your blood \_\_\_\_\_ is to consume a diet rich in \_\_\_\_\_.
- Fruits from the vine are high in \_\_\_\_\_.
- Leafy \_\_\_\_\_ such as spinach and lettuce and \_\_\_\_\_ vegetables such as potatoes and sweet potatoes are high in potassium.

**Key Recommendations**

- Consume less than \_\_\_\_\_ mg (approximately \_\_\_\_\_ of salt) of sodium per \_\_\_\_\_.
- Choose and prepare foods with less \_\_\_\_\_

AND

- Consume \_\_\_\_\_-rich foods, such as fruits and \_\_\_\_\_.

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Dietary Guideline #8 Food Safety  
Food Safety Study Guide

**Directions:** Watch the PowerPoint presentation on Food Safety and fill in the blanks.

- The goal to keeping our food safe it to avoid foods that are \_\_\_\_\_ with harmful :
  - \_\_\_\_\_
  - Viruses
  - \_\_\_\_\_
  - Toxins
  - Chemical and Physical Contaminants
- It is estimated that every year \_\_\_\_\_ million people in the U.S. become ill from \_\_\_\_\_ food.

**Key Recommendations**

- \_\_\_\_\_ hands, food \_\_\_\_\_ surfaces, and fruits and \_\_\_\_\_.
- \_\_\_\_\_ raw, cooked and ready-to-eat foods while \_\_\_\_\_, preparing, or \_\_\_\_\_ foods.
- \_\_\_\_\_ foods to a safe temperature to kill \_\_\_\_\_.
- Chill (\_\_\_\_\_) perishable food promptly and \_\_\_\_\_ foods properly.
- Avoid \_\_\_\_\_ milk, unpasteurized \_\_\_\_\_ juices, or eating foods made with \_\_\_\_\_ eggs.

# Food Safety Test

Take the following test to see if your kitchen passes the food safety test! This is a fun and easy activity that kids can do together with their parents to measure their food safety knowledge.

1. The temperature in the refrigerator in our home is:
  1. 50 degrees Fahrenheit (10 degrees Celsius)
  2. 41 degrees Fahrenheit (5 degrees Celsius)
  3. Don't know
  
2. The last time you had a leftovers from a dish that included meat, what did you do with the leftovers?
  1. Let them cool to room temperature, then put them in the refrigerator
  2. Placed them in the refrigerator immediately after the food was served
  3. Left them sitting out at room temperature for several hours/overnight
  
3. The last time the kitchen sink drain and disposal in our home were sanitized was:
  1. Yesterday
  2. Last month
  3. Don't know
  
4. After using your cutting board for raw meat, what do you do before you start chopping other foods?
  1. Nothing, just start chopping
  2. Wiped the board with a dishcloth
  3. Washed the board with soap and hot water
  4. Washed the board with soap and hot water, then sanitized
  
5. The last time you ate a hamburger at home, how was it cooked?
  1. Rare
  2. Medium
  3. Well-done

6. The last time we made cookies at home, the dough was:
  1. Made with raw eggs, and I did sample some of it
  2. Bought at the store, and I did sample some of it
  3. I did not sample any dough until baked
  
7. How are the kitchen counters cleaned in your home?
  1. With water only
  2. With hot water and soap
  3. With hot water and soap, then bleach
  4. With hot water and soap, then a commercial sanitizing agent
  
8. How are dishes washed in your home?
  1. Cleaned by an automatic dishwasher and then air-dried.
  2. Left to soak in the sink for several hours, then washed with soap in the same water.
  3. Washed right away with hot water and soap in the sink and then air-dried.
  4. Washed right away with hot water and soap in the sink and towel-dried.
  
9. The last time I touched raw meat, I:
  1. Cleaned my hands by wiping them on a towel
  2. Rinsed them under hot, cold, or warm tap water
  3. Washed them with soap and warm water
  
10. How does your family defrost meat?
  1. Take it from the freezer and set it on the counter until thawed
  2. Take it from the freezer and place it in the refrigerator until thawed
  3. Take it from the freezer, microwave until thawed, then immediately cooked it

## Answers to Food Safety Test

1. If you chose "B," give yourself two points. Refrigerators should stay at 41 F (5 C) or less, because it slows the growth of most bacteria.
2. If you chose "B," give yourself two points. Hot foods should be refrigerated within two hours after cooking - sooner if possible. Date leftovers so they can be used within a safe time. Generally, they will remain safe in the refrigerator for three to five days.
3. If you chose "A," give yourself two points. If you chose B, give yourself one point. According to the FDA, the kitchen sink drain, disposal, and connecting pipe should be sanitized periodically by pouring down the sink a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
4. If you chose "D," give yourself two points. Improper washing, such as with a damp cloth, will not remove bacteria. Washing only with soap and water may not be sufficient, either.
5. If you chose "C," give yourself two points.
6. If you chose "B" or "C," give yourself two points. The only bad answer here is "A." Eating homemade products containing raw eggs may put you at risk for a *Salmonella* infection. Commercial cookie dough is made with pasteurized eggs, so they are not a food hazard.
7. If you chose "C" or "D," give yourself two points. If you chose "B," give yourself one point. Bleach and commercial kitchen cleaning agents are the best sanitizers, but should be used only according to the manufacturer's instructions. Hot water and soap do a good job too, but may not kill all strains of bacteria.
8. If you chose "A" or "C," give yourself two points. Dishes should not be washed in water in which they have been soaking, because the food contributes nutrients for bacteria, which may multiply. When washing dishes by hand, experts recommend washing them within two hours and letting them air dry.
9. If you chose "C," give yourself two points. Wash hands with warm water and soap for at least 20 seconds before and after handling food, especially raw meat.
10. If you chose B or C, give yourself two points. Bacteria can multiply rapidly at room temperature, so never thaw foods on the counter.

## Rating Your Kitchen's Food Safety

**20 points:** A perfect score! You and your family can feel confident about the safety of the foods prepared and served in your home!

**8 to 19 points:** Although your family does observe many of the recommended food safety guidelines, they are still vulnerable to potential foodborne illnesses due to some risky behavior. Review the answers to the questions for which you did not score any points to see what corrective actions you can take to better protect your family.

**8 points or below:** You are at risk for foodborne illness due to the risky food safety practices followed in your home. Read through the answers to the questions above to see what corrective actions you can take to help protect your family.



<http://www.can-do.com/uci/lessons98/worksheet.html>

<http://www.3fatchicks.com/fast-food-nutrition>

<http://www.health.gov/dietaryguidelines/dga2005/document>

<http://www.cdc.gov/growthcharts/>

Choose Educational Materials, then Tools to Calculate

BMI